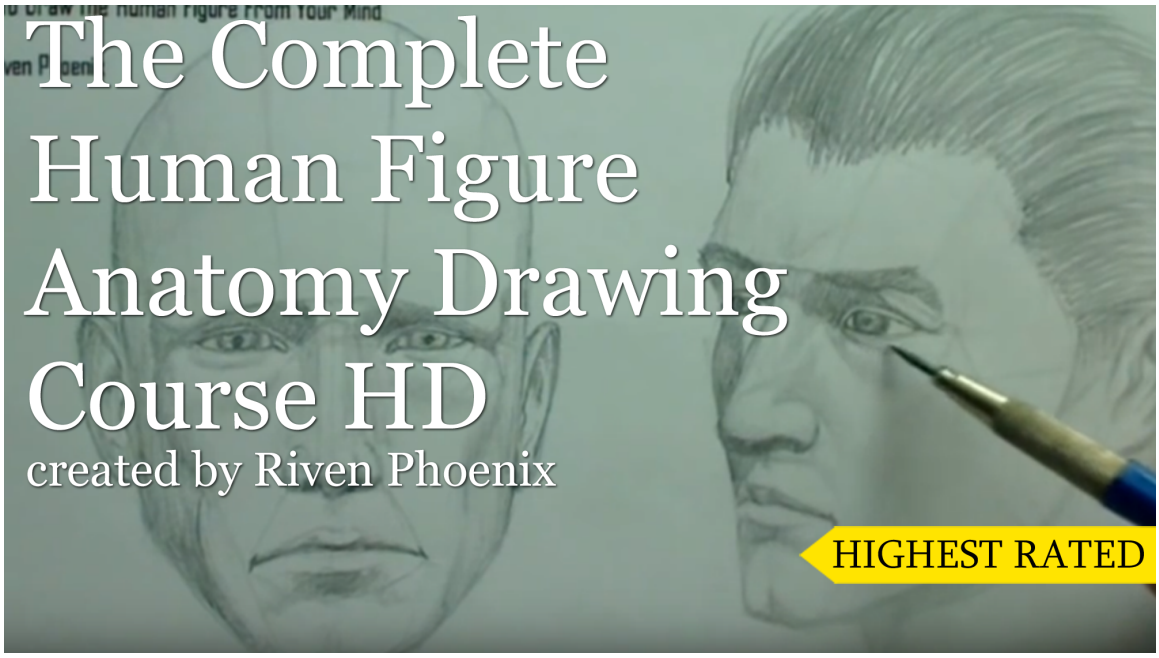

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 158 - The Muscles of the Hand - Part 3

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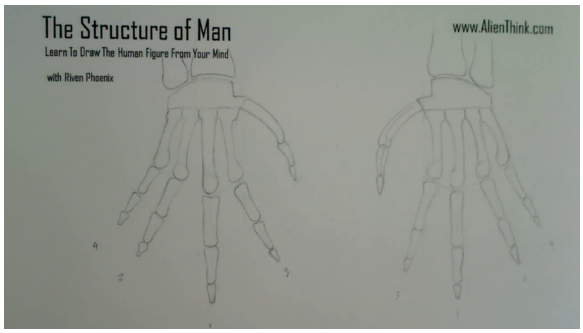
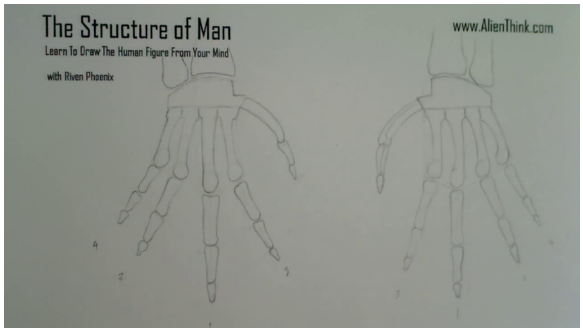
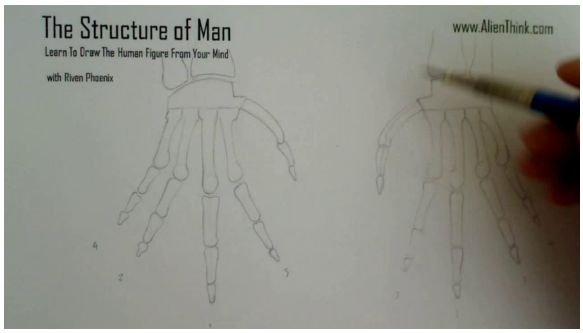
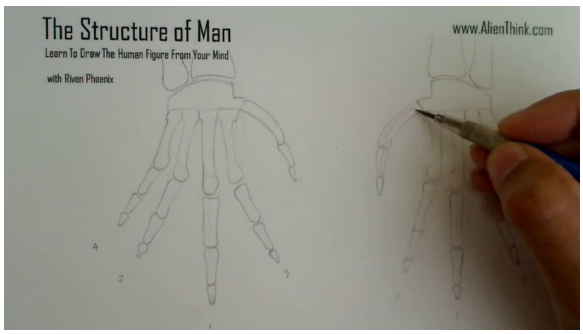
1		Hey guys, my name is Riven Phoenix and welcome to the structure of man learned to draw the human figure from your mind training course.
2		Okay, so now we're going to start to look at understanding the muscles of the hand.
3		So one other thing that I wanted to show you is that you need to see where this bottom is.
4		Basically, this should be understood more like in a 3D sense.

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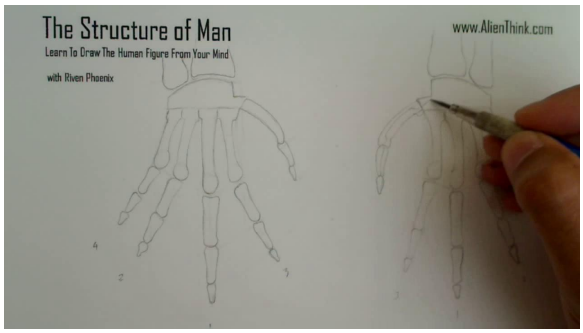
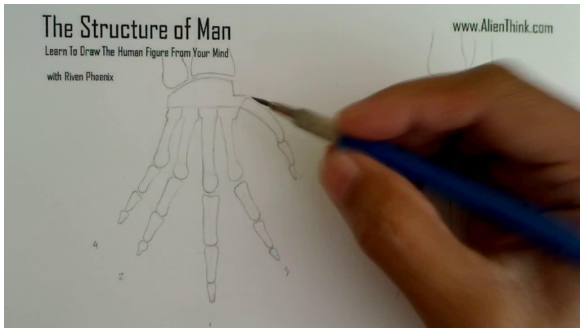
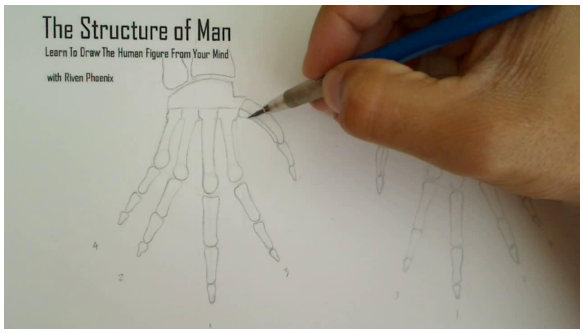
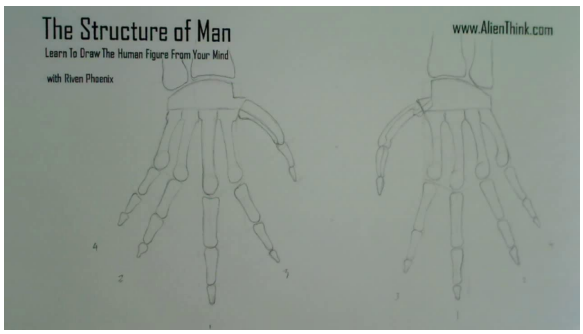
5		Like this, that this is just going like this and coming more towards you over here, right?
6		So from this point of view, you should know that this is going down and this is just really the bone for the thumb going down this way.
7		So that's like it's not an important piece of information, just know that that's how it is over here.
8		Okay, so the first thing that we'll do is we need to understand conceptually, first of all, how do all these bones stick together?

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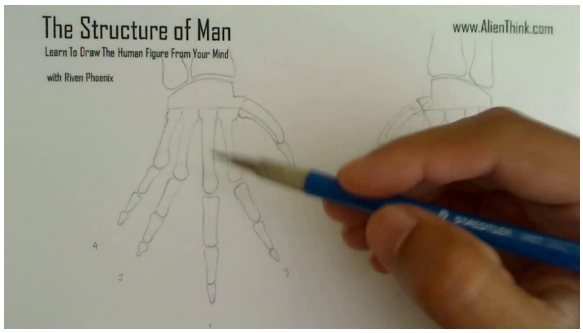
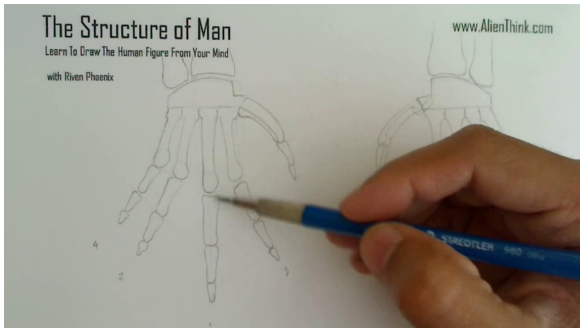
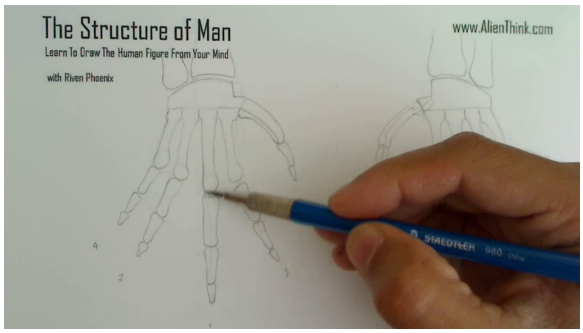
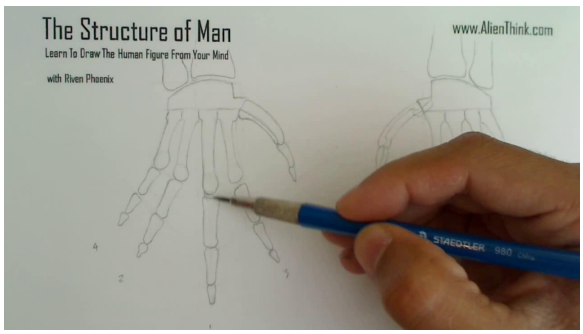
9		So the first thing that we'll do is now very lightly because the thing is we have to erase quite a bit in doing this hand.
10		So we want to do most of the stuff very lightly.
11		So here you're just going to get like these tendons.
12		So here I'm just going to rough it in that the bones are sticking together by these pieces of tendons that are just like this connecting from bone to bone.

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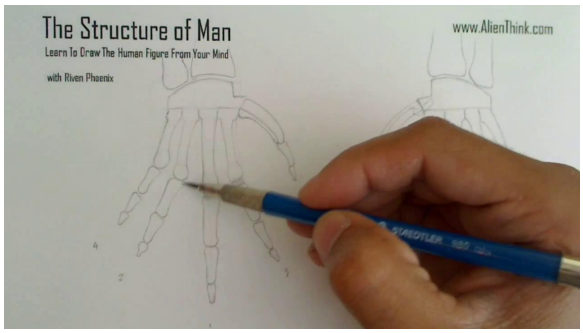
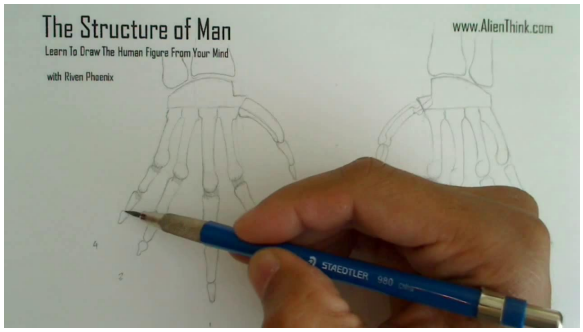
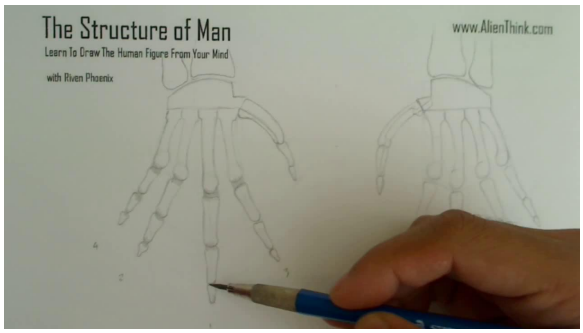
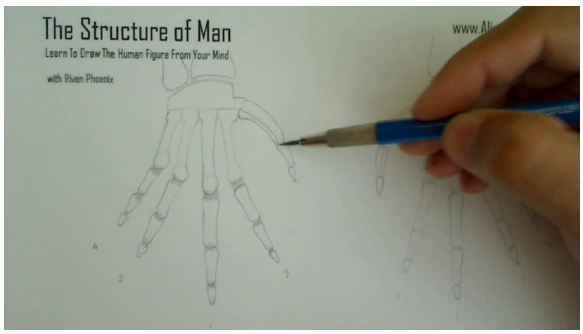
13		So go ahead and just fill all these in like this very lightly showing that we understand that this is how the bones are connecting.
14		So they're going to be in all these places over here.
15		So it's going to be here for the top and it will be the same for the bottom.
16		Right so over here, we're going to just put that in like this and put this in over here like this.

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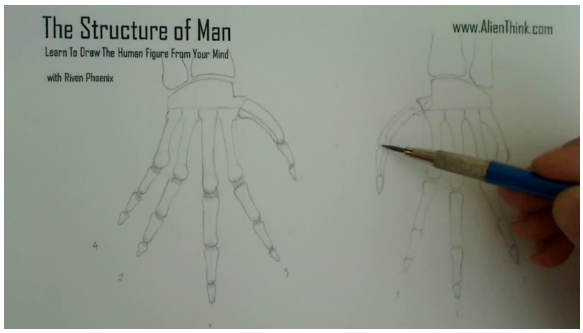
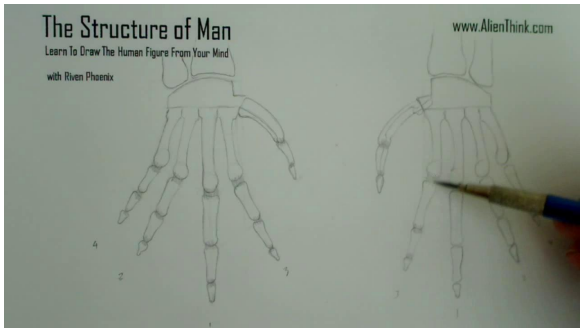
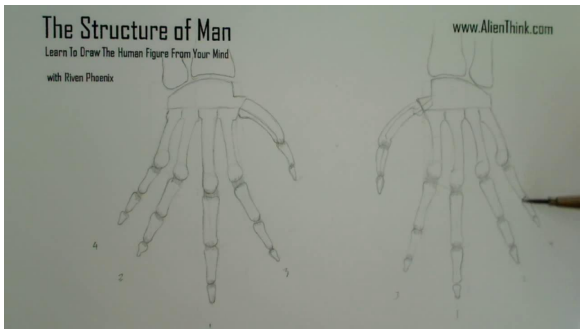
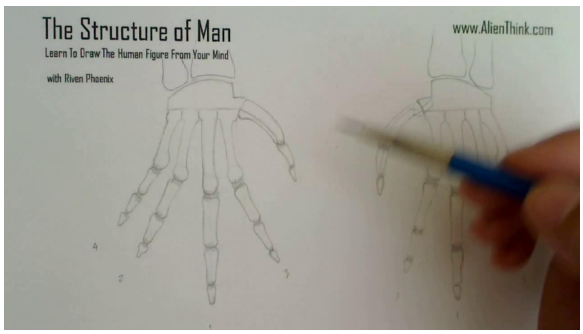
17		And do the same thing here just very lightly to sketch it in that we understand that it's connected also from the top.
18		It's basically going all the way around but again this is like this detailed understanding that we're looking at because it's going to really help us to become familiar with the hand so we don't really have any fuzzy areas in thinking when we're drawing out the hand.
19		Okay so you're going to get all these areas here that we filled out.
20		Okay so the first thing that we'll know is that there really are not many muscles to understand about the hand.

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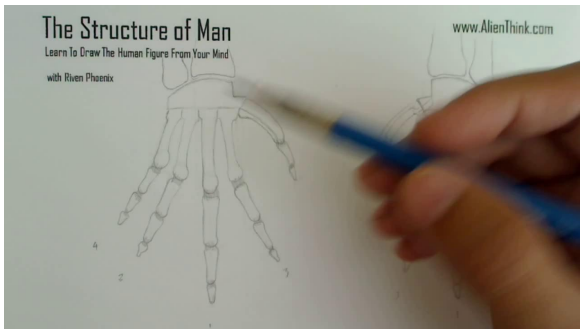
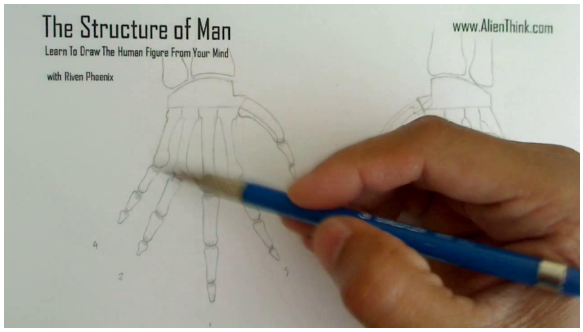
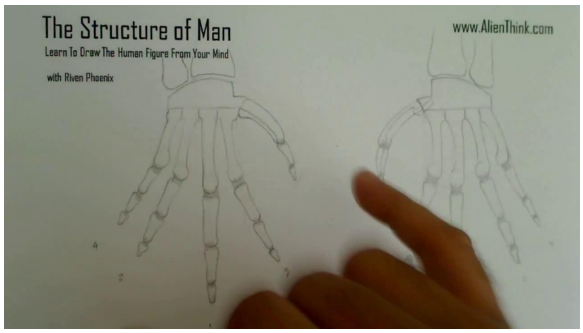
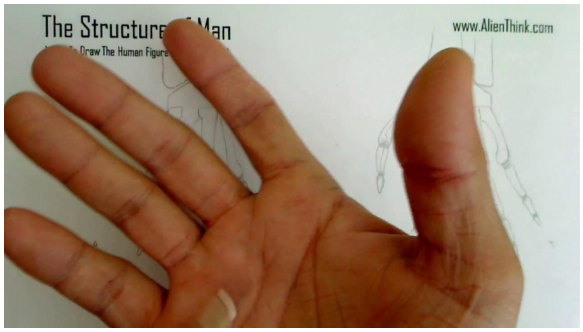
21		That's the good thing about it. It's just pulley systems and everything else is just going to be surface anatomy and this fat system that's coming in the way.
22		So the first thing that we'll do is understand that okay well how what's actually going on on the top of the hand.
23		Right so on the bottom it's going to be understood a little more differently.
24		So here you can see that I've got the palm over here but then over here you can see that I've got these wedges that are just falling down.

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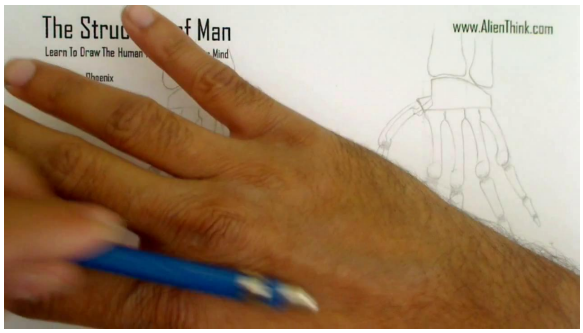
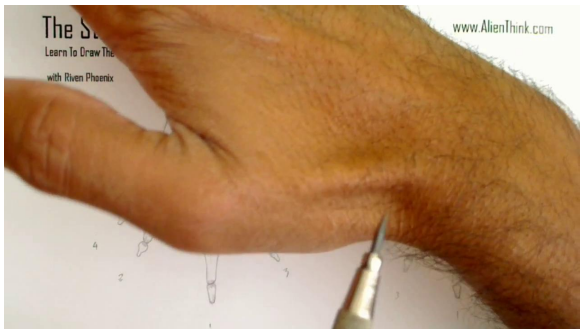
25		We know we can clearly see that there are going to be multiple pulley systems coming in the way.
26		Look you can see that this is on top of these are connecting to the top of the forearm muscles and over here this is connecting to the bottom of the forearm muscles.
27		Right so this happens here right and these are the pulley systems and you can see how this is.
28		One other thing that you'll note is that look where this knuckle is right this over here and look at this over here.

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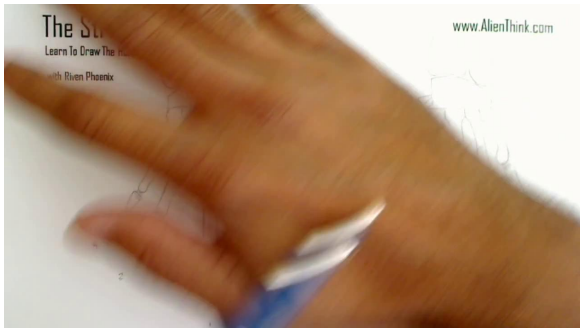
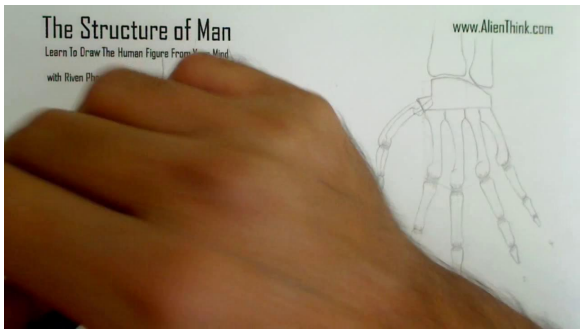
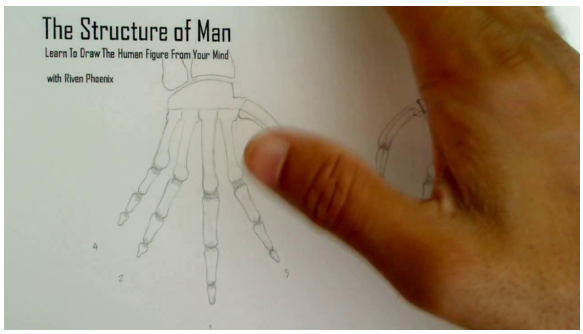
29		So there's a web system that appears in the bottom and it doesn't appear on top right over here and the movements of the palm are going to be very stiff.
30		You can see this yourself that I can't really push much down but when I take the pencil that I can move the smaller part of this area like this.
31		Right so this is just to be familiar with what's going on with the hand.
32		Okay so what we want to do is now understand okay well what are these going these small muscles in the hand all about.

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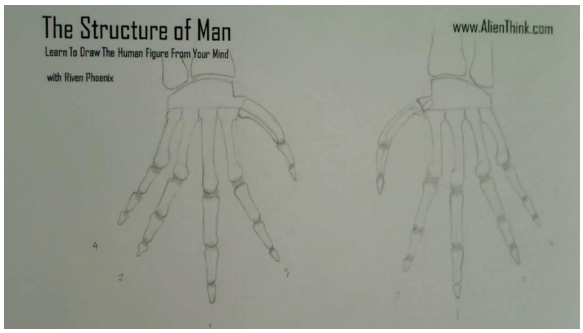
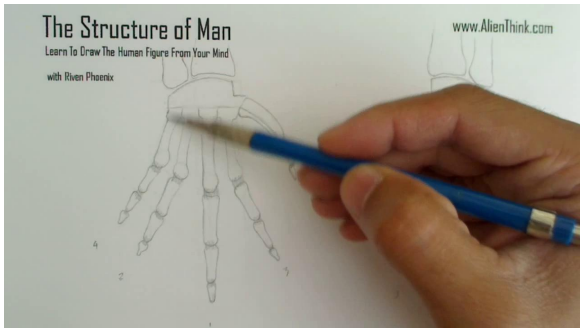
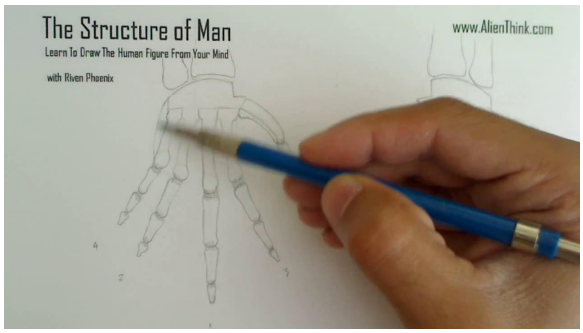
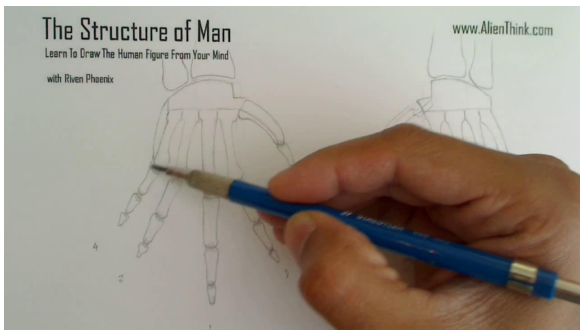
33		So the first thing is that here we're going to understand this side over here so this will help you understand the shape how this is happening.
34		So over here where this is you're just going to draw a line and over here we're going to get this piece of muscle and these muscles that we're drawing are all part of a sophisticated pulley system.
35		Right and they're just going so just imagine that you're going to get a pulleys on the side of the fingers.
36		So here I'm just going to leave this be like this and we're going to look at this in a little bit over here and basically this muscle is just going to come and it's going to come here a little bit in on this bone structure like this.

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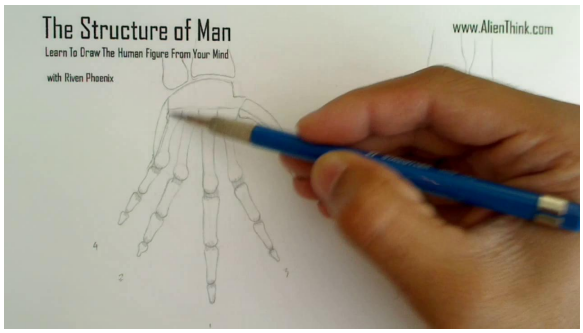
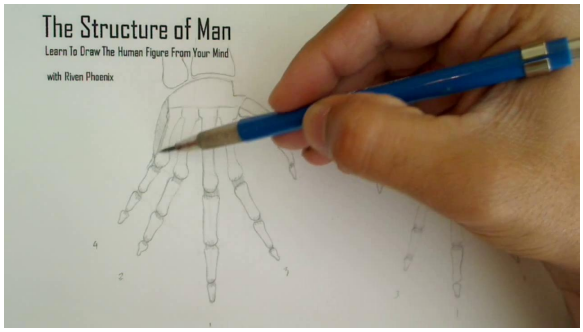
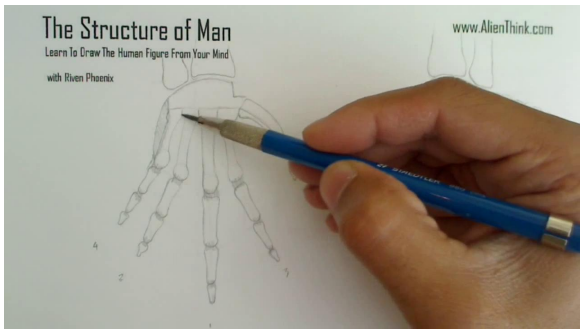
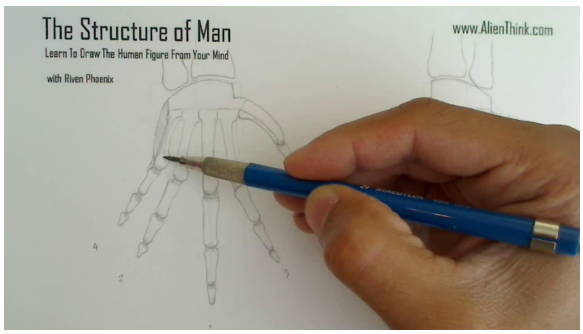
37		Right so just to show you what this is just imagine this to be like this now draw this out all lightly because we do have to erase all the stuff.
38		Okay so this is just going to connect over here so that's the first muscle.
39		Everything else is very simply understood that right I'm that means I'm going to get another muscle here and where this is I'm just going to.
40		This muscle is just going to end over here and it's going to turn into another pulley system.

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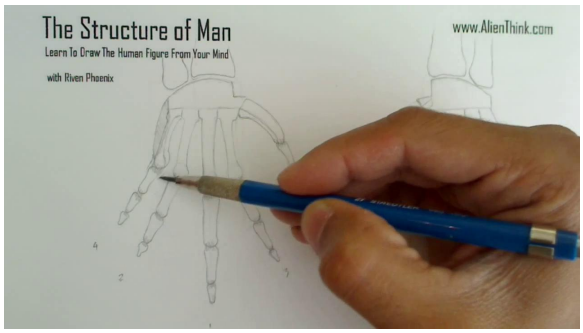
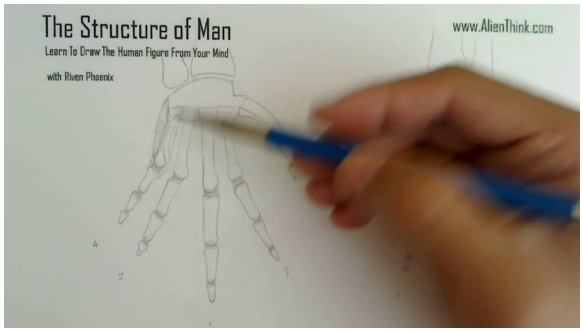
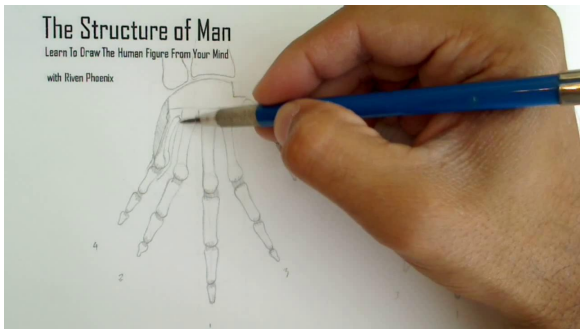
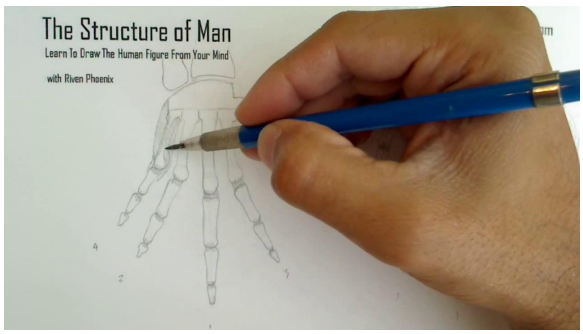
41		So these pulley systems are going to look at them in a little bit but look halfway over here I'm going to just get a split in this muscle.
42		It's a separate piece of muscle.
43		So here we're just going to simply put this over here like this.
44		Okay so that's that muscle over here and it's going to do the same thing here in this end it's going to be like this and he wants to become a pulley.

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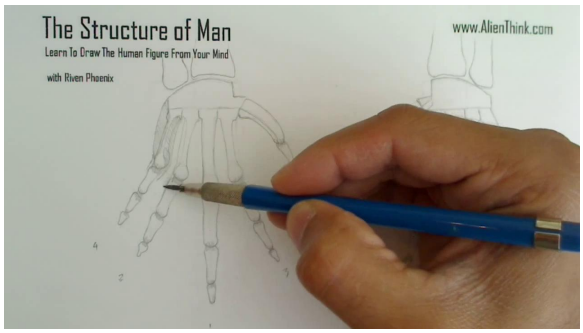
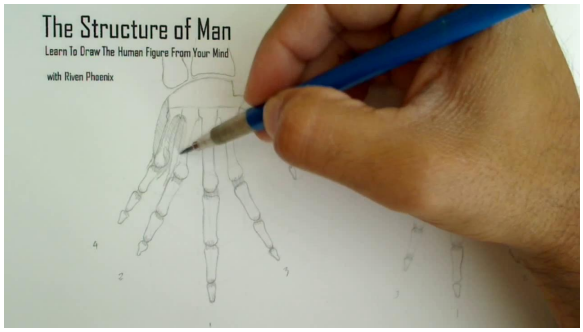
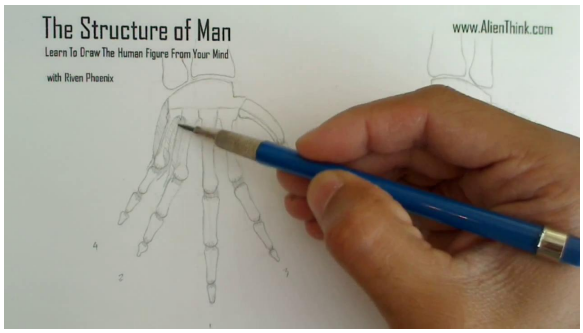
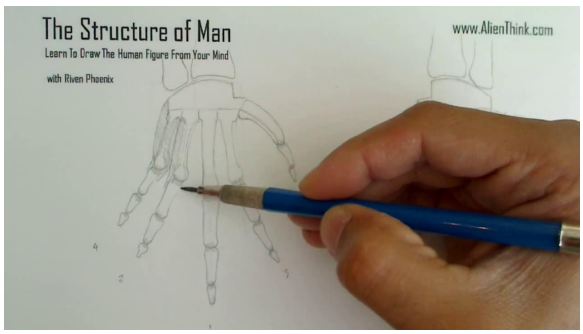
45		Right so here just put at least a little bit of a line down saying that you understand and put like this line down here in the middle that that's how this whole system is.
46		Right so these are separate muscles that are creating the wedge in in here that we're talking about these dips.
47		Okay and over here just do the same exact thing.
48		So basically I'm just going to draw them out real quick over here right just bunch them up together there's no space between them.

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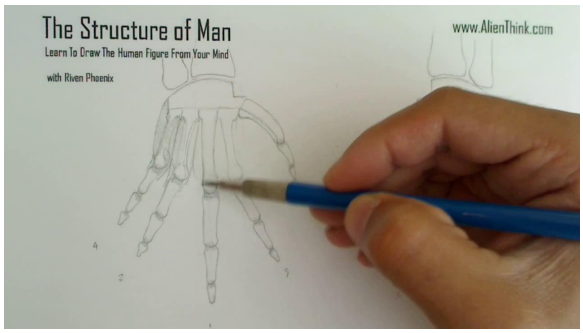
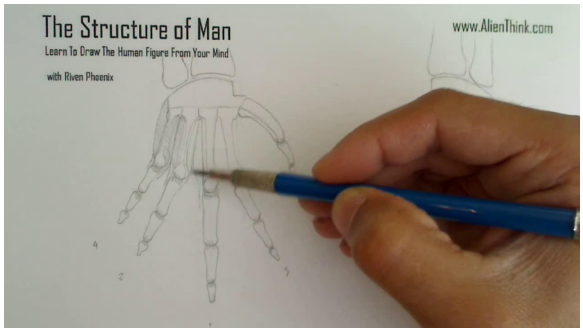
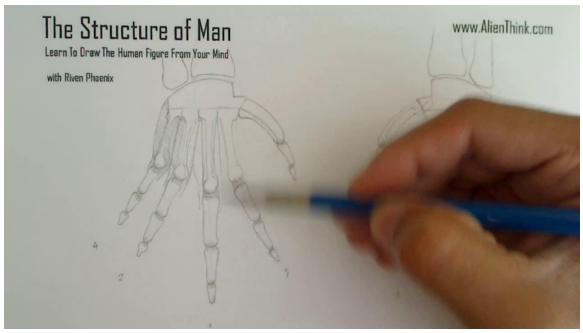
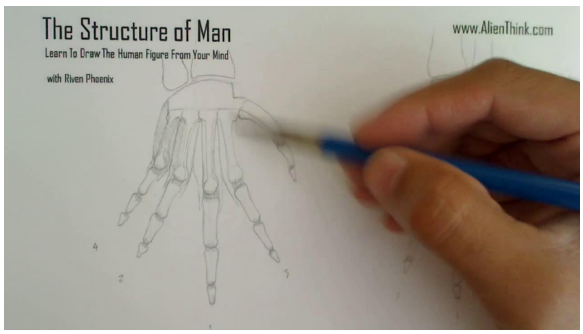
49		You know over here they're just going to follow the bone structure over here go like this and he wants to become a pulley.
50		You know over here he wants to become a pulley system over here same thing he's going to want to become a pulley over here also.
51		Right so this will help us to understand how the whole hand system is working.
52		And over here it's going to be the same thing just like this he's going to become a pulley system over here.

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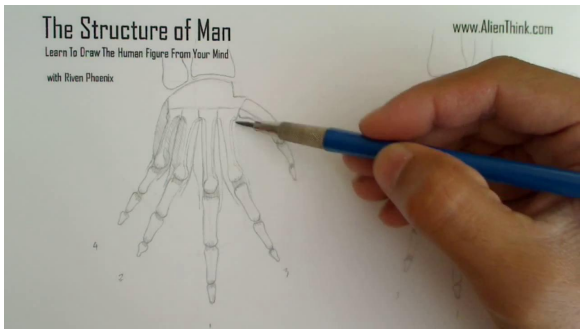
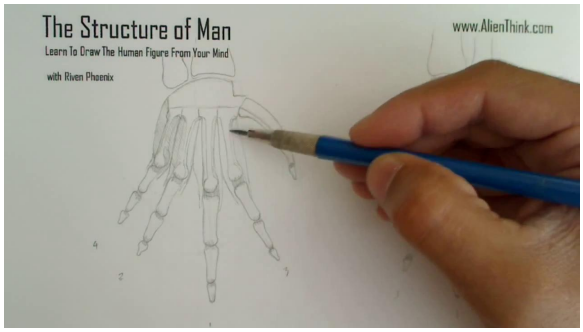
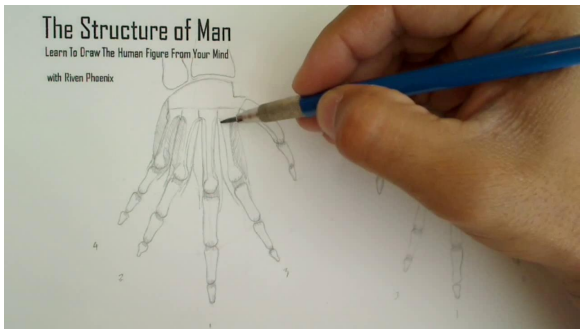
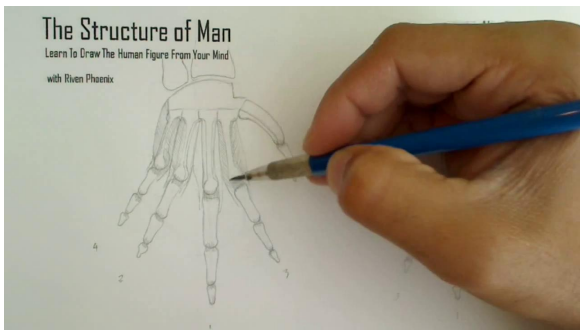
53		Right so this goes to already show you how this side works and how this side works right this is how this side works over here right we haven't looked at this area yet.
54		So here we're just going to simply put in these lines like this showing that we understand how these muscle systems are working over here.
55		Again this is all these are separate muscles make sure you when you're drawing this out you do it this way.
56		Right so they stop being a muscle over here and this just becomes a pulley a pulley over here.

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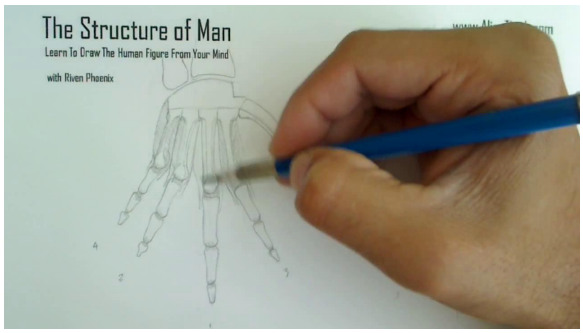
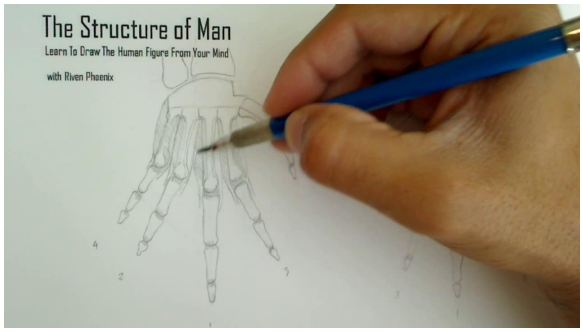
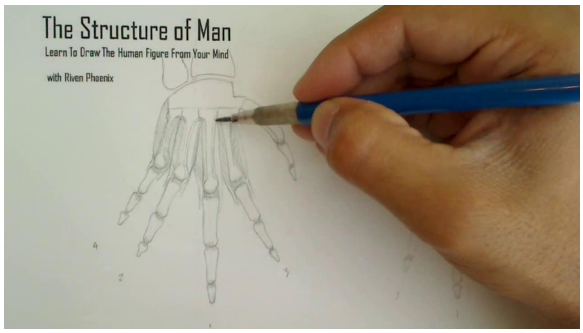
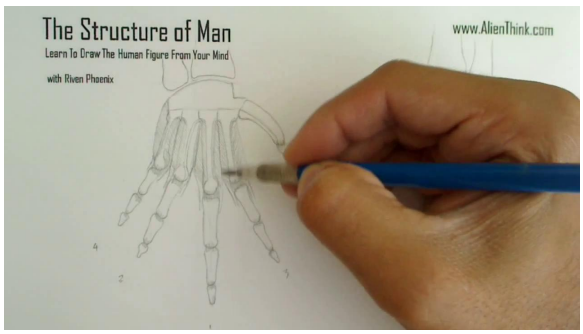
57		And then over here going to draw him out like this over here that he's just going to be a pulley also over here.
58		And we can just separate this in half equally if we want.
59		And here this is just going to go like this over here and he's going to be a pulley system.
60		Okay.

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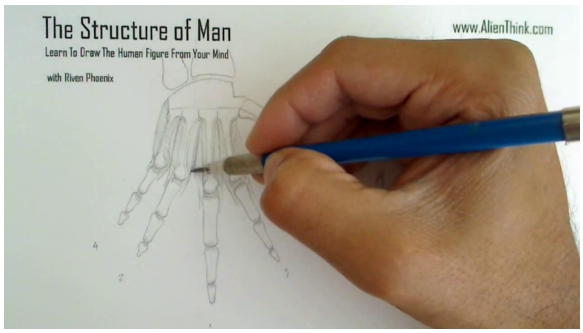
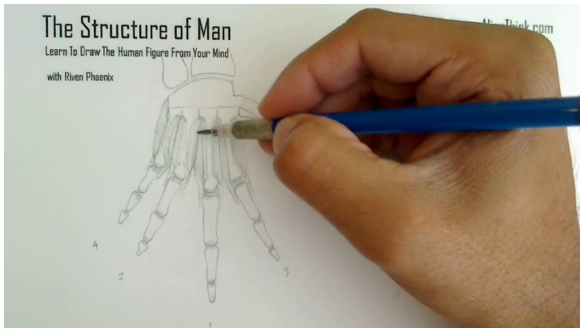
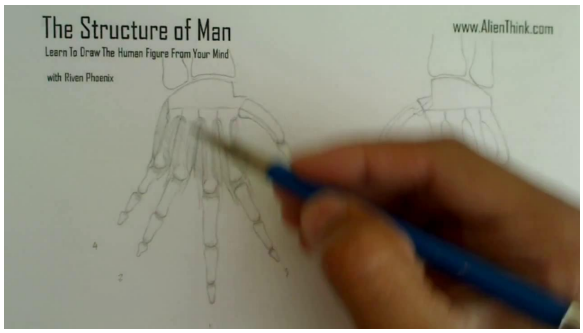
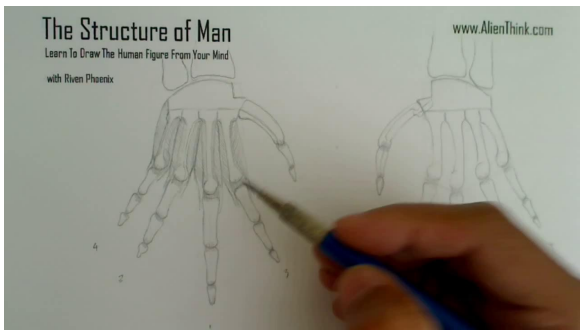
61		And lastly same thing over here.
62		Okay so now we want to look at so here we just you can automatically see starting to all of a sudden you look like a hand because we're now looking at
63		all the important muscles that we should be aware of.
64		Okay so the next thing is that we want to understand how does the wave system gets created right so this system here right because you can see clearly that it's over here so you know that it's going to be here.

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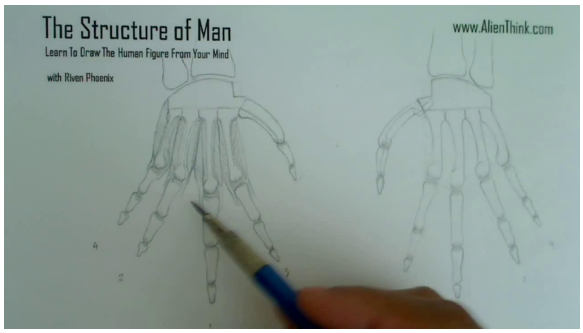
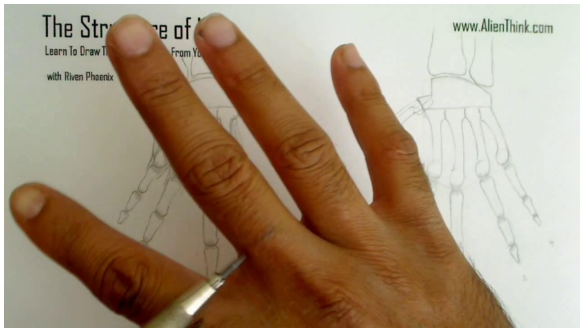
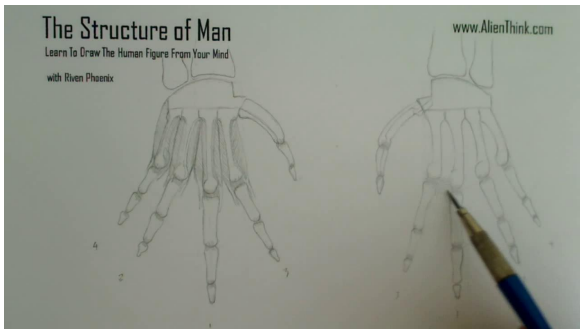
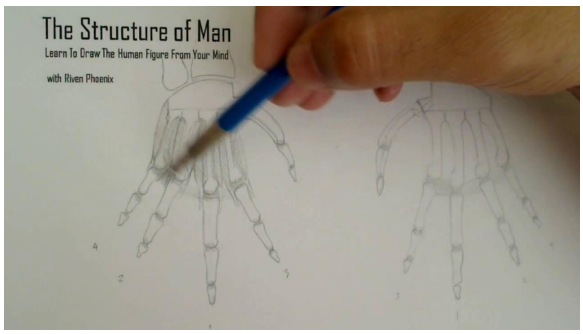
65		The thing is we don't really have to put it in so deep we hear but here I'm just going to show you that if you examine this you can see where this is on the bone just looking at your hand.
66		Right so it's a little bit in so meaning that if this is my knuckle over here looking from top it's really just coming in like this right so this is again very lightly you just want to put these
67		tendons in like this showing that we understand that this is the web system that's really going to take place between these fingers right so underneath it's going to be like this over here.
68		So this is the top so this is where we'll start to get that understanding of it.

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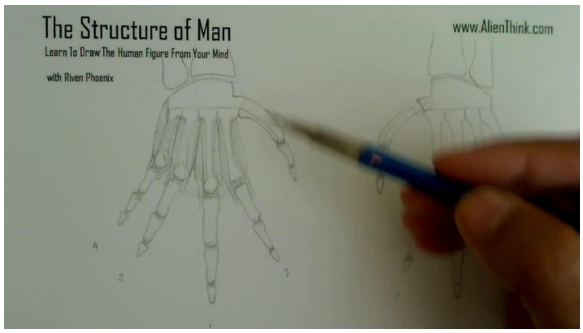
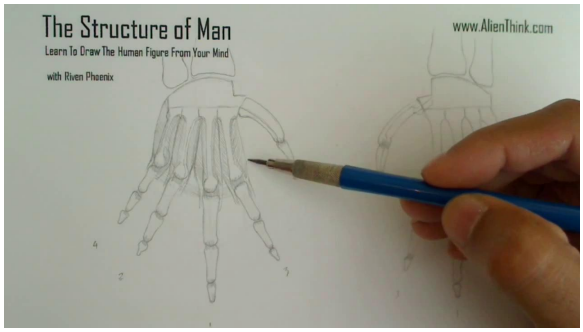
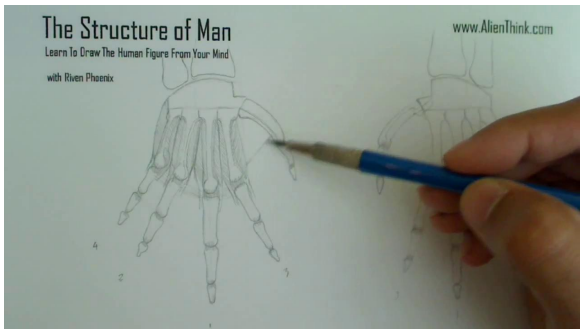
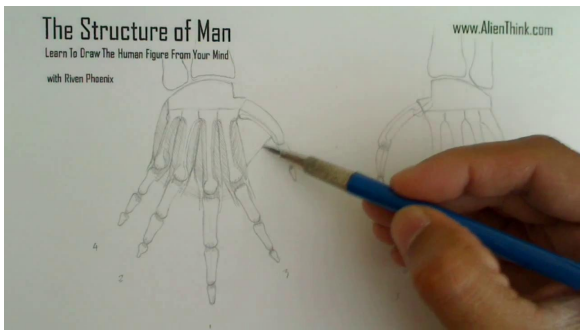
69		So now we're going to do something here that's just going to radically change the way we understand the hand and that is we're going to understand this muscle system here right so basically what happens here on the
70		side you're going to get a muscle that's see this where this turn is coming you're going to come in a little bit and specify that this muscle is just going to be connecting
71		like this and it's just going to be on the side of the thumb so here I'm just going to raise this a little bit remember we're talking about the top of the hand over here and this is again just muscle that's connected to the side and it's going to go like this but notice this major feature of this muscle that this is the thing and it connects over here
72		okay and look where it connects over here here's your ball system right here for your fingers any connects over here what we're talking about is this guy right here he's on

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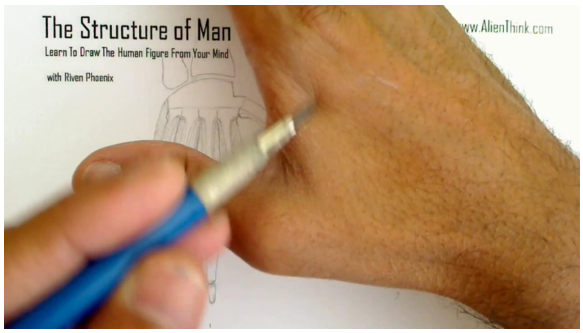
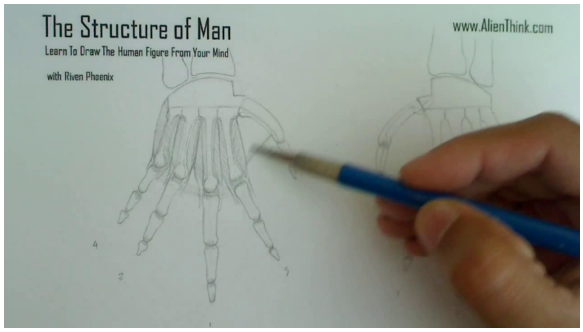
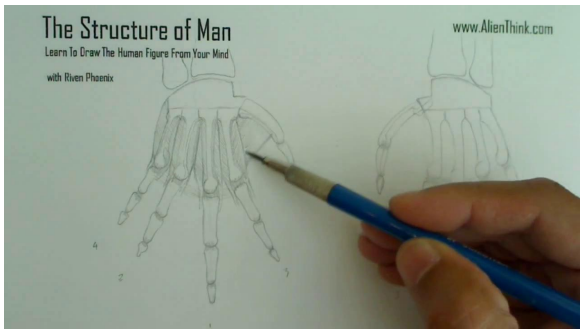
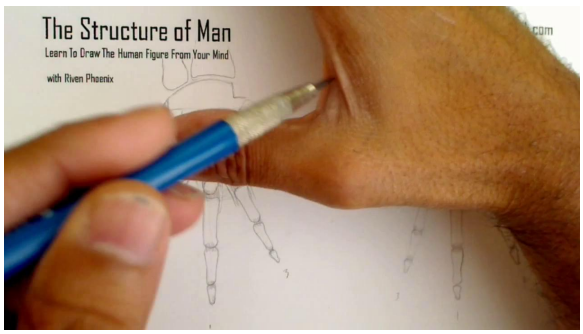
73		tall right he's on top over here so here I'm just going to lightly put him in like this first
74		and all you have to do is just connect him like this so what we're doing is we really want to conceptually understand the hand right so we're just looking at the muscle system over
75		here like this so what now what happens is that you'll notice that if you look at your hand right you see that this is guy is connecting on top but look there's something else
76		happening in the bottom and this is because it's a separate muscle system so you should know that okay if I get something on top I'm going to get

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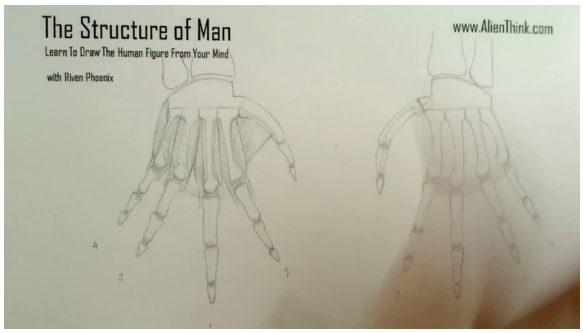
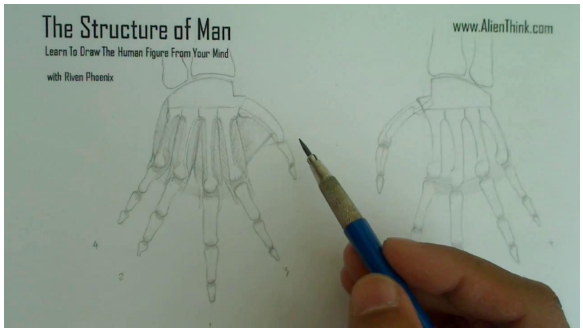
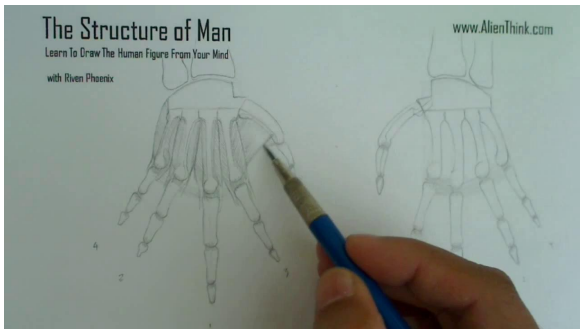
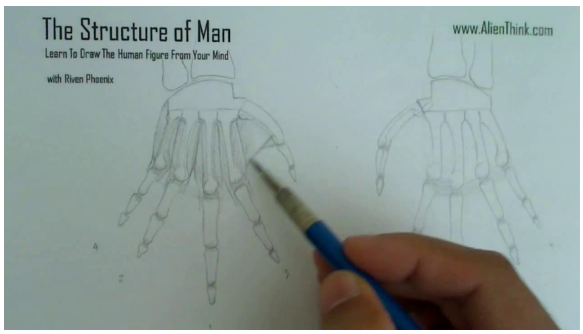
77		a notice piece of system and this system is just connecting over here but he's he's he's connecting and going in a separate direction
78		right so he's just going to go in here and we're going to understand where where is he going but for now we'll just put it like this
79		so you'll get like this line in here showing that we understand that area right so to understand this where he goes is basically coming down from the bottom
80		and he's connecting over here all the way here and then he's got another partner so let's look at him over here so what we're saying is that

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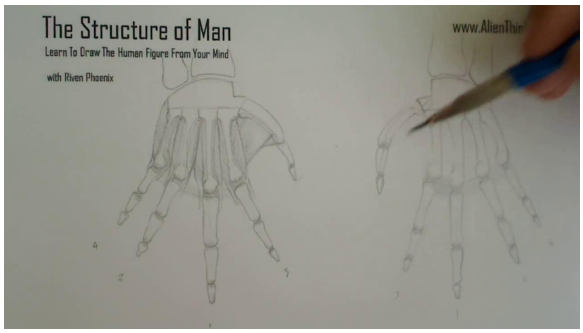
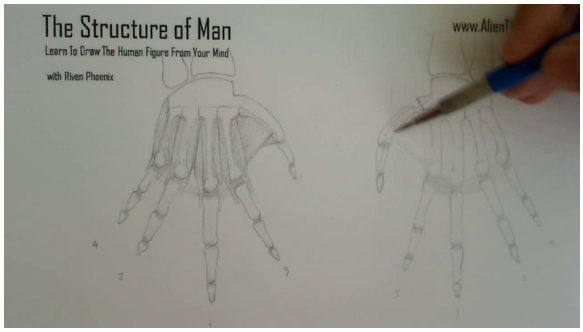
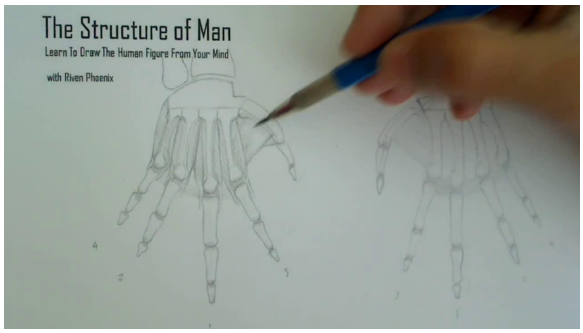
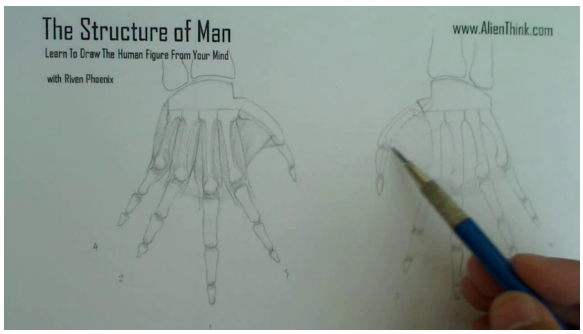
81		let's first understand okay well we connected the muscle over here right from the top we did this so this guy was
82		connected like this I'm going to first put this in a way like this so we can see this right so this guy here is this
83		guy here right I'm just connecting him based on that same information then what happens is that this guy connects
84		over here basically like this to him and he comes over here and then he's just going to connect like this to him

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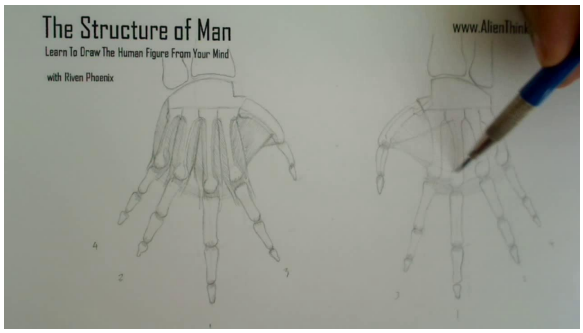
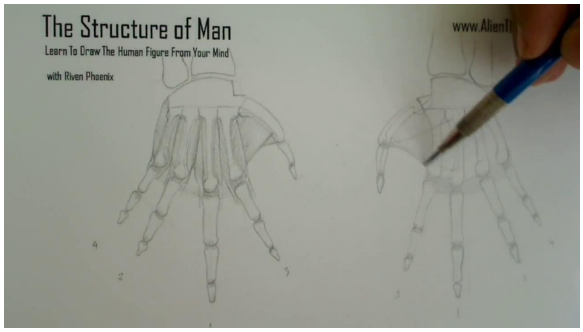
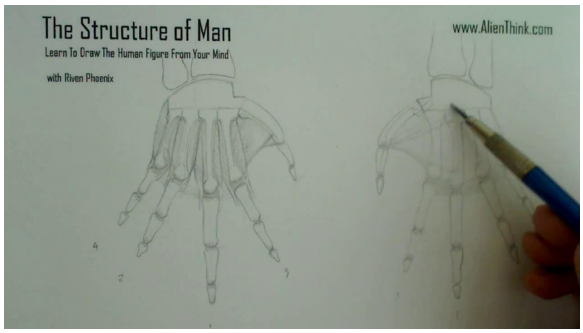
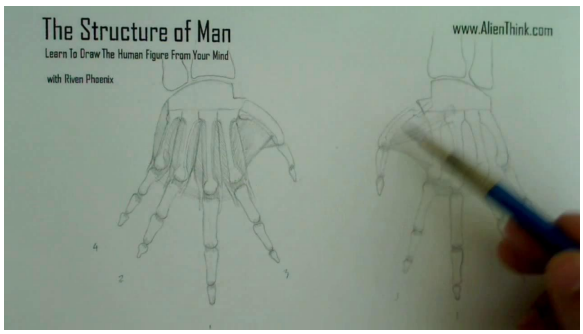
85		over here under right so this is why you're going to get this guy coming in the way like this you know
86		over here is like this right so this is why you get that which and the and then he has another muscle that just basically comes like this
87		and it just goes into the wrist like halfway and he comes like this okay so this is the end of you'll get a bigger muscles in here
88		to actually cover this up but I wanted to make sure you understand this is key this is a key area here in surface anatomy

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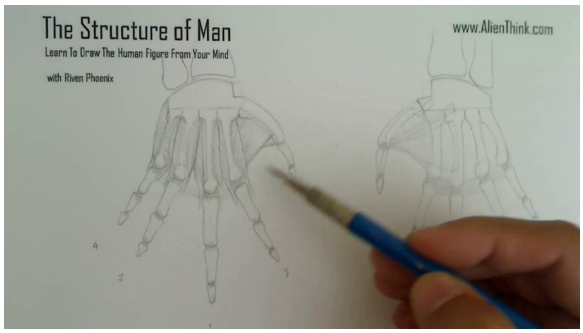
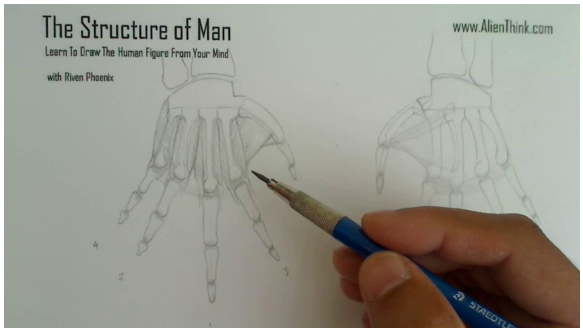
89		that's going to make an impact over here right so what's going to happen next is that we now want to begin to
90		understand really the pulley systems in this area here so I'll see you in the next lesson thanks

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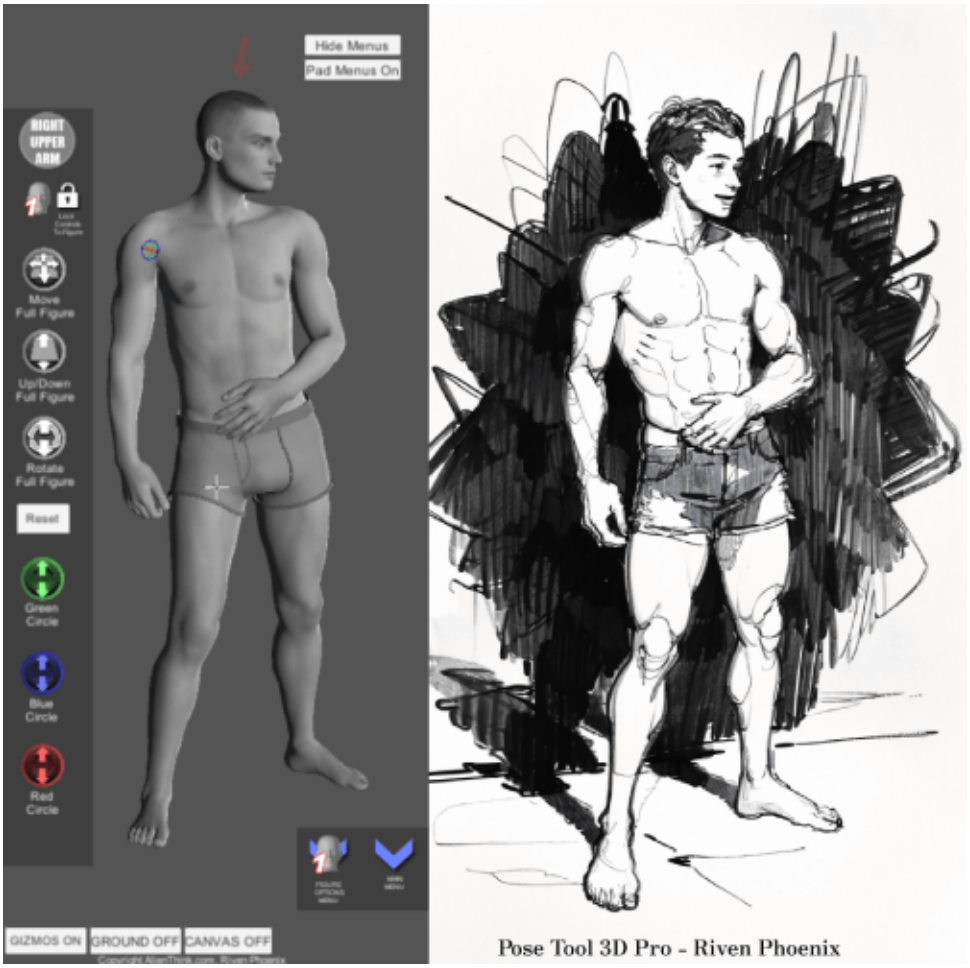

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